

Dress Right, Dress

AFI 36-2903, table 5.4.

Name tapes should be subdued olive green with flag-blue letters embroidered on tape. Make no deviations to the name tapes. Letters may be reduced to fit name within standard tape length. (Courtesy of the Spangdahlem AB First Sergeant's Council)



News Briefs

Promotion to captain

Air Force officials announced Aug. 1 that the 52nd Fighter Wing had nine selects and no non-selects for the CY03A captain promotion board. The percentage to 0-3 for the Air Force was 99.5 percent. 52nd FW second lieutenants selected for promotion are Chad Martin, 52nd Communications Squadron; Brett Kayes, 52nd Contracting Squadron; Paul Winka, 52nd CONS; Stanley Woronick, 52nd Maintenance Operations Squadron; William Roberts, 52nd Medical Operations Squadron; Robert J. Shipp Jr., 52nd FW Manpower and Organization Office; Adam Acock, 606th Air Control Squadron; Matty Garr, 606th ACS, and Ginger Hahn, 752nd Munitions Support Squadron, Volkel Air Base, Netherlands.

Road construction update

Spangdahlem AB Military Family Housing area: Paving begins Monday in the parking areas along Revere Ave. from Spangdahlem AB Military Family Housing unit B-412 to the elementary school parking lot. Paving begins Wednesday along Independence Road in front of MFH units B-405 and B-424. Battle Staff Directive 03-050 contains more information on the construction phase plans and alternate parking areas. Demolition continues on unit 426. Wing members should drive carefully around the construction areas, workers and slow-moving vehicles. Throughout construction, the MFH area speed limit is 10 kph and parallel parking is not permitted.

Arnold Boulevard: The road is closed from the Eifel Lanes Bowling Center to the new traffic circle and from the Military Clothing sales store to Smith Avenue. Traffic is rerouted for the continued installation of the new sidewalks, curbs and sidewalks on the commissary-side of the street. Drivers should use alternate routes whenever possible, such as Maxwell or Memorial Drive.

For housing-related safety concerns, call the Bitburg Annex ground safety line 452-9195. For Spangdahlem AB, call 452-7943. For construction-related safety concerns, call the 52nd Fighter Wing safety office at 452-SAFE (7233).

Privately-owned firearms

By June 30, 2005, U.S. Forces personnel who have privately-owned firearms that aren't covered by a valid Waffenbesitzkarte and stored in unit arms rooms must ship the firearms at their own expense to a storage location outside Germany. Firearms owners within six months of a permanent-change-of-station can arrange for firearms pickup by a U.S. government-contracted carrier for commercial storage at U.S.-government expense.

Arrangements for pickup may be made by appointment with local base support battalion transportation counselors. Firearms transported in connection with a

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Take that!

Students get their kicks in the base self defense class.

Read "A fighting chance," on Page 4.



Eifel Times

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Spangdahlem Air Base, Germany

Aug. 8, 2003



Master Sgt. Georgina Yates

Airman 1st Class Shaun Cranfield, 506th Expeditionary Air Control Squadron data maintenance technician, troubleshoots data gathering glitches in the operations module at Kirkuk Air Base, Iraq. Members of Spangdahlem Air Base's 606th Air Control Squadron have provided current air pictures to the combined air operations center at Al Udeid Air Base, Qatar, since their arrival in May.

Mission systems support flight sets up shop as 'Papa's house'

606th, ANG team up to keep tent city complex juiced, operational

By Lt. Col. Scott Fischer,
606th Expeditionary Air Control Squadron commander

KIRKUK AIR BASE, Iraq - Since deploying May 6, the 606th Air Control Squadron has commenced site set-up to provide command and control of coalition assets and surveillance of the Northern Area of Operations.

Affectionately referred to as "Papa's house," the flight consists of power production, heating, ventilation and air conditioning and supply and vehicle maintenance," said Master Sgt. Patrick Ross, flight NCOIC.

The NCOIC also said the Air National Guard seamlessly integrated into site operations and brought a wealth of experience.

The site, known as the "Junkyard" was operational by May 20 and became the first operational Air Control Squadron ever to operate on Iraqi soil. Despite the fact that major combat operations in support of Operation Iraqi Freedom subsided as of May 1, the squadron supported Operations Peninsula Strike, Desert Scorpion, Sidewinder and Ivy Serpent. They conducted more than 1,800 refueling, close-air support and flight follow missions and have been critical in standing up Iraq's interim air traffic control system.

The 606th was joined by their sister squadron, the 123rd ACS, an Air National Guard unit from Blue Ash, Ohio, near Cincinnati, the first week of June. The ANG unit brought 33 personnel, one operations module, a TPS-75 radar, refrigerators and probably the most popular piece of equipment -- a field shower truck. Due to a critical shortage of water on base, the troops were initially limited to one shower every four days. The shower truck, which was established right on their site and replenished through natural wells on the base, kept airmen from having to travel across base in uniform and battle gear, to stand in line for limited facilities.

Maintenance support, a combination of power production, air conditioning, vehicle maintenance and supply personnel, found itself very busy keeping things running under the extreme weather conditions. Without this group, operations would cease to function in Kirkuk's dusty, 120-plus degree environment. Their diligence has been crucial in ensuring the Combined Forces Air



Master Sgt. Georgina Yates

Tech. Sgt. Kevin Donges and Master Sgt. Timothy Stegmuller, 123rd Air Control Squadron air surveillance technicians, Ohio Air National Guard, discuss a problem with a operation module equipment.

Component commander at the Combined Air Operations Center, Al Udeid Air Base, Qatar, has the picture he needs to make time critical targeting and battle management decisions.

Recently members of Junkyard moved from Alaskan shelters, which they occupied on their work site to the newly erected tent city, Ten Days From Tomorrow. The city was named in reference to the running joke from the time they arrived that tent city would be ready in ten days. Unit personnel helped build TDFT from the floor up: clearing land, building floors and installing air conditioning units. They've also been instrumental in helping Army, Air Force Exchange Service establish a full-up Base Exchange, which opened June 22. Once again, members of one of only two active ACS units in Europe and their Guard teammates, have been instrumental in making the dining hall run smoothly, cooking and serving meals to hundreds of base personnel. They also took second place in "Bar Wars," a contest

See Papa's house, Page 2



Master Sgt. Georgina Yates

From left to right, Senior Master Sgt. Michael Hudson, 123rd Air Control Squadron power production technician, Ohio Air National Guard; Tech. Sgt. Delbert Hodge, 123rd ACS supply technician, Airman 1st Class Shaun Cranfield, 606th Air Control Squadron data maintenance technician, 606th ACS and Tech. Sgt. Anthony Robinson, 606th data maintenance NCOIC find relief from the desert sun after finishing their entry in the Kirkuk Air Base "Bar Wars" contest.

Papa's house

Continued from Page 1

between the 506th Air Expeditionary Group's squadrons to see who could build the best bar for the newly sanctioned base cantina.

Junkyard's command post is the 506th Expeditionary Air Group's alternate command post, and had to fulfill that role recently. No other unit on base is equipped to handle such a task. For that reason, and many others, the 606 EACS is considered the standard bearer for the 506th AEG. The men and women of the 606th are involved in every aspect of building and improving this barest of bases and have helped make Kirkuk AB the model for sustained operations in Iraq. From predeployment, to set-up, to execution and sustainability, they have set the example for others to follow.

FTC: Avoid getting hooked by online 'phishing' scams

Contributed by the Federal Trade Commission

Internet scammers casting about for people's financial information have a new way to lure unsuspecting victims: They go "phishing."

Phishing, also called "carding," is a high-tech scam that uses spam to deceive consumers into disclosing their credit card numbers, bank account information, Social Security numbers, passwords, and other sensitive information. According to the Federal Trade Commission (FTC), the e-mails pretend to be from businesses with which the potential victims deal, for example, their Internet service provider (ISP), online payment service or bank. The fraudsters tell recipients that they need to "update" or "validate" their billing information to keep their accounts active, and direct them to a "look-alike" Web site of the legitimate business, further tricking consumers into thinking they're responding to a bona fide request.

Unknowingly, consumers submit their financial information - not to the businesses - but the scammers, who use it to order goods and services and obtain credit. To avoid getting caught by one of these scams, the FTC, the nation's consumer protection agency, offers this guidance:

■ Do not reply or click on the link in e-mails that warn, with little or no notice that an account will be shut down unless billing information is confirmed. Instead, contact the com-

pany cited in the email using a telephone number or Web site address you know to be genuine.

■ Avoid emailing personal and financial information without seeing the "lock" icon on the browser's status bar. It signals that information being sent is secure during transmission.

■ Review credit card and bank account statements as soon as they're received to determine whether there were any unauthorized charges. If a statement is late by more than a couple of days, call the credit card company or bank to confirm the billing address and account balances.

■ Report suspicious activity to the FTC. Send the actual spam to uce@ftc.gov.

The FTC enters Internet, telemarketing, identity theft, and other fraud-related complaints into Consumer Sentinel, a secure online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. For free information on consumer issues, visit www.ftc.gov. For more information, call Capt. AnTroy Murphy, 52nd Fighter Wing Staff Judge Advocate Office at 452-6796.

Air Force unveils plan to wear-test new blue utility uniform

By Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON - Air Force officials announced plans Aug. 6 for the wear test of a new utility uniform that could replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble is a departure from the current woodland-pattern uniform and includes many new features.

Three hundred uniforms will undergo wear testing from January to July at Andrews Air Force Base, Md.; Elmendorf AFB, Alaska; Hurlburt Field, Fla.; Langley AFB, Va.; Luke AFB, Ariz.; McChord AFB, Wash.; Ramstein Air Base, Germany; Robins AFB, Ga.; Vandenberg AFB, Calif.; and Wright-Patterson AFB, Ohio. The test will generate feedback on fit, durability and functionality.

"Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a uniform you will be proud

to wear," said Air Force Chief of Staff Gen. John P. Jumper.

"We have become a more expeditionary force, with less time at home to spend caring for the uniform," Jumper said. "In the last 20 years, material technology has improved greatly. As a result, we have designed one uniform that can satisfy our various climates and utility needs, while eliminating the need for professional ironing to provide a polished appearance."

A key step in bringing any new uniform item into service is feedback from airmen in the field, Chief Master Sgt. of the Air Force Gerald R. Murray said.

"I believe it's a uniform fitting of the world's greatest expeditionary Air Force and one that we will be proud to wear," he said. "We want your feedback as well - not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action and thinking about how it will meet your needs based on your work environment.

"It's important to remember that this is a wear test, and the decision about whether or not to adopt some, all or none of this uniform will be made after considering the results of the test and feedback about how it meets airmen's needs," Murray said.

According to officials, the wash and wear uniform will be easier to maintain and will not require professional laundering or starching. Officials estimate that home laundering can save up to \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men's and women's cuts.

The uniform patterns are being cut, with production to begin in November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004. A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.



Master Sgt. Jim Varhegyi

2nd Lt. Arcelia Miller, Air Force Special Security Office, tests the newly proposed Air Force battle dress uniform while guarding the Andrews Air Force Base entry control point. "The color is different, but I like it. It's comfortable and it's low maintenance," commented 2nd Lt. Miller on her test uniform.

Briefs

Continued from Page 1

PCS or similar move must remain stored until the day they are shipped. Members who choose to mail their firearms to the United States must do so according to applicable German and U.S. customs and postal regulations.

Privately-owned firearms not covered by a Waffenbesitzkarte by June 30, 2005 will be considered contraband and disposed of in coordination with the German authorities.

Shuttle bus schedule

Battle Staff Directive 03-070 on the base intranet contains the most current shuttle bus schedule revisions. Call the 52nd Logistic Readiness Squadron at 452-6645 or 452-6715 for details.

IEA Scorecard

Project	Coordinator	Percent complete	Project completed
Pavilion improvements	Udo Stuemmer	0	
Brick House	Eddie Mentzer	70	
HAS crew shacks	Tech. Sgt. John Murphy	10	
HAS mezzanine	Tech. Sgt. John Murphy	20	
Batting cages	Mandy Baerman	35	
Bus shelter improvements	Tech. Sgt. Michael Smith	0	
Jet Blast Inn AFN decoder	Tech. Sgt. Sean Applegate	100	May 30
Honor Guard uniforms	Tech. Sgt. Randall Reno	100	July 24
Billeting laptops	Master Sgt. Fred Ayers	100	June 26
Loaner transformers	Gertrude Cochran	90	



Staff Sgt. Patrick L. Compton, 52nd Component Maintenance Squadron aircraft fuel systems journeyman, is this week's Top Saber Performer.

Top Saber Performer

Name: Staff Sgt. Patrick L. Compton

Unit: 52nd Component Maintenance Squadron

Duty title: Aircraft fuel systems journeyman

Hometown: Salt Lake City, Utah

Years in Service: Four

Nominee's contributions to 52nd Fighter Wing mission success: Staff Sgt. Compton supported aircraft maintenance operations through repair and inspection actions that directly contributed to the wing's completion of more than 6,219 sorties for 10,100 hours. Additionally, while deployed in support of Operation Iraqi Freedom he was instrumental to the generation of 3,440 coalition sorties and was selected as the 379th Air Expeditionary Wing Airman of the Month. Staff Sgt. Compton was also individually selected as a maintenance crewmember tasked to perform the wing's first F-16 aircraft wing change in more than six years.

Off-duty volunteerism and professional development pursuits: Staff Sgt. Compton frequently volunteers as a driver for the wing's Airman Against Drunk Driving program and participated in the Bitburg Middle School Spring Carnival. He recently completed the Pitsenbarger Airman Leadership School where he was recognized as a distinguished graduate and was promoted to staff sergeant July 1.

What do you do for fun? I enjoy quarter-mile drag racing at the Bitburg Flugplatz.

What do you like most about being stationed here? Visiting historical sites.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see construction of a self-service car wash on Spangdahlem AB similar to the one located on Bitburg Annex.

Travel world with Air Force Clubs

By Annick Schoenthal
52nd Services Marketing Department

Many airmen have joined the Air Force with dreams of seeing the world. Some actually do, while others spend a career at less than exciting places and only dream of seeing the Swiss Alps, Waikiki, Hawaii; or London's Big Ben.

Air Force Clubs hopes to fulfill some wing members' dreams with its 2003 membership drive. The contest, "Travel The World On Us" takes place Aug. 18 through Oct 31. More than 140 new club members qualify to win travel-related prizes valued at \$500-\$5,000, just for signing up. The drive is open to all eligible non-members, including active-duty, reserve, civilians and retirees.

"The wonderful thing about this year's drive is that people can go from Broadway to Fiji, it's up to them," said Frank Black, Air Force Clubs division chief. "We like it when we can offer people the right to choose. If you win the \$5,000 prize, you could fly to Paris, take a cruise, rent a car, then use the balance to see a sporting event," he explained.

All prizes are redeemed through Air Force Information, Tickets and Travel offices.

"We're extremely happy to be working with Air Force Clubs on this year's drive," said Denise Lanier, Air Force ITT chief.

"It's great that the value of club membership continues to increase. We signed on because we believe in club membership and know our travel agents will do everything they can to make sure winners have a smooth transition when redeeming their prizes."

As a member's reward, Air Force Clubs also offers a set of prizes to current club members.

"We want our loyal members, who are the backbone of clubs, to know that we appreciate them as well," said Fred Fried, Air Force Club Operations Branch chief. "Current members are automatically entered."

Other membership benefits include special discounts on food and entertainment, and eligibility to participate in special functions and contests. Additionally, club members may have the year-round benefit of Premier Value Miles program, in which points accumulated can be redeemed for airline tickets. Club members also qualify for the Free Cash Rewards program, in which points accumulated can be redeemed for cash or merchandise certificates.

Applications are available at the Collocated Club, in the former Saber Club. For more information, call Mike Boyd or Melvin Gamble at 452-6090.

Eifel Salutes

52nd Operations Group

Staff Sgt. Bobbie Jo Perry ranked first with a last minute tasking from the 23rd Fighter Squadron to send a pilot to Shaw Air Force Base, S.C. In less than 48 hours, Staff Sgt. Perry arranged and accomplished training, and produced orders in one day despite an already busy schedule. Way to go! **Staff Sgt. Scott Etler** provided outstanding support for the ops group in preparation for the change of command.

52nd Mission Support Group

Tech Sgt. Terry Wint put the 470th Air Base Squadron at Geilenkirchen NATO Air Base in contact with the right people to determine the redeployment status of one airman. Tech. Sgt. Wint could've shirked the responsibility, but instead, he went that extra mile to help out one of the wing's geographically separated units.

52nd Medical Group

Majs. David Duque and **William McAllister**, **Master Sgt. Shawn Rickey** and **Staff Sgt. LaTonya Dease** burned the midnight oil to review medical records. Man, oh, man!! **Senior Master Sgt. Cojenza Berry** for worked closely with the aerospace medicine squadron on manning issues potentially impacting wing-wide programs. Returned to sender! **Airmen 1st Class Amber Stafford** and **Samuel Ortiz** gladly worked late to pick up returning deployers and bring them back to their friends and families. **Staff Sgt. Nader Chebaro** assisted in receiving 16 new dental



units for the clinic, which is now well-equipped to provide outstanding dental care to their customers.

52nd Maintenance Group

Get a load of weapons load crew **Staff Sgt. Travis Ingram**, **Airman 1st Class James Sargent** and **Airman Bradley Smith**, who demonstrated superior skills by setting the standard and earning "Load Crew of the Quarter" during the April-May competition. Be sure to log "Jammer Driver of the Quarter" **Airman 1st Class Jeremy Gardner** for April-May. These professionals proved themselves the "best of the best" for the wing.

Kudos to all, Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Members of the 52nd Component Maintenance Squadron aircraft fuel systems repair Section Wing Change Team make up this week's Top Saber Team.

Top Saber Team

Unit name: 52nd Component Maintenance Squadron Aircraft Fuel Systems Repair Section Wing Change Team

Unit responsibilities: The fuel systems repair section repairs, functionally checks, and inspects internal fuel systems and external fuel tanks on the 52nd Fighter Wing's more than 65 A-10 and F-16 C/D aircraft. Additionally, the team is the Centralized Intermediate Repair Facility servicing hydrazine tanks for all U.S. Air Forces in Europe and U.S. central command Air Forces assigned F-16 aircraft.

Number of members in Fuels Section: 39

Number of members on the dedicated Wing Change Crew: Eight

Team's latest contribution to 52nd Fighter Wing mission success:

Section personnel responded to a recent F-16 fuel leak and identified wing skin structural damage that necessitated wing replacement. After procuring required hardware and reviewing technical data they helped formulate a plan for the 52nd FW's first wing change in more than six years. Removal and installation of the \$257,000 wing was completed in less than 72 hours.

Teams other contributions throughout the year: The team supported aircraft maintenance operations and completed repair and inspection actions that directly contributed to the wing's completion of more than 6,219 sorties for 10,100 hours. It also facilitated generation of 3,440 coalition sorties during Operation Iraqi Freedom and ensured contractual compliance and delivery of F-16 aircraft for Common Configuration Improvement Program modification. While sustaining a robust home-station flying hour program, fuels shop participated in six wing deployments, and deployed more than 40 percent of shop personnel in support of OIF.



Above, base self-defense instructor Keith Plouffe simulates an attack against Missy Blakely, military spouse. Evading the leg grab is part of the unarmed combat portion of the course in which students engage in hand-to-hand combat and defend themselves from various positions. At right, from a kneeling position, Missy gives Keith a swift kick in the gut. Ms. Blakely began taking classes with Mr. Plouffe in May.



A fighting chance: Self-defense students strike hard, hone skills with knowledge, power

Story and photos by Airman 1st Class Amaani Lyle
52nd Fighter Wing Public Affairs Office

The fist of a drunkard in a bar room brawl or the business end of a mugger's gun can be just perilous as some of the hazards faced down range.

While the military is considered the profession of arms, anyone is subject to land in a situation that requires self-defense, with or without weapons. Regardless of height, girth or strength, 52nd Fighter Wing members are learning simple techniques that can debilitate a potential attacker and possibly

save their own lives.

Base self-defense instructor Keith Plouffe, a retired Air Force security specialist from 1982 to 1986, said things have changed for the better since his active-duty years. Mr. Plouffe said he didn't have the opportunity to learn self-defense combat, which was limited primarily to elite fighters.

Today he teaches a method known as the Scientific Fighting Congress Combative System, started in 1996 by 23-year police and Army veteran Hock Hochheim. Mr. Hochheim holds black belts in Filipino, Japanese and American martial arts and he's recognized as a 10th Grandmaster by the World Global Alliance.

Mr. Plouffe, who holds rank in several different types of karate and Tae Kwon Do, said he teaches an eclectic style of combat.

"The class is comprised of techniques from different martial arts practiced by military and police forces around the world," he said. "It's not a martial art; it's a martial course, since it combines different offense and defense styles into one system."

According to Mr. Plouffe, the class, which caters to military members, police officers and the aware citizen, is set in an informal environment compared to that of a conventional martial-arts course.

"We don't wear (Asian slippers), we wear tennis shoes and there are no uniforms, only comfortable clothing," he said.

The course began here in May and is taught in three levels, each 10-weeks long.

"You can think of each level as a 'belt,'" the instructor said. "The first level is introductory unarmed combatives and all levels demonstrate a hand strike, a kick, a joint crank and a take down, which are performed standing, kneeling and on the ground. The students also learn counter-moves so it covers the whole spectrum of fighting."

The third-level advanced sparring class allows students to take the practical knowledge learned and apply



Missy spars with Airman Josh Francis, 52nd Maintenance Operations Squadron data system analysis apprentice, in the class.

such techniques as stick and knife fighting, advanced take-downs and other maneuvers.

None of these advanced moves are out of reach for military spouse Missy Blakely, who's barely more than 5-feet tall and weighs less than 130 pounds.

"I take this class because it's empowering," Blakely said. "I can defend myself and not cry ... oh yeah, and I can scare my husband."

Mr. Plouffe said true understanding of self-defense gives people the confidence and clarity to put that knowledge to use and make an attacker think twice about a scuffle.

"Anything's better than just being a victim," he said. "The will to fight back is often increased by the confidence in knowing how to fight back."

The instructor also banks on the body's memory to keep defense skills sharp.

"We train people's bodies to remember what to do under stress," Mr. Plouffe said. "If you've never felt impact, hit something hard or grabbed someone and thrown him or her down. The fight is not the time to learn how to do it."

Levels 1 and 2 classes take place at the Spangdahlem air base fitness center each Thursday at 6:30 and 7:30 p.m., respectively. Level 3 advanced class takes place each Monday at 6:30 p.m.

For more information or to arrange a private consultation for shops or squadrons, e-mail plouffeka@hotmail.com or call Mr. Plouffe at 06527-933130 or 452-6496.

Avoid being attack victim with safety color codes

By Keith Plouffe
Base self-defense instructor

Things can be done to increase the probability of personal safety in a hostile environment. The following levels of situational readiness are adopted from Col. Jeff Cooper, U.S. Marine color-codes and various other color code systems.

■ **Condition white:** The person is unaware of his surroundings and what is happening. He may be tired, preoccupied, or have impaired senses due to medication or intoxicants. The person is in "victim" mode.

■ **Condition yellow:** The person is alert but calm and scans the environment for threats, making mental notes of who's around him. There's no reason to suspect an attack, but the person should be ready for one nonetheless.

■ **Condition orange:** Something is not right. The person's "spidey senses" are tingling. Potential hostile persons and weapons are considered, and person develops an escape plan and route. The defensive individual's mind and body become ready for combat.

■ **Condition red:** The fight is on and the person react to the attack and take immediate action to stop the attacker, flee or get help.

■ **Condition black:** The person suffers fear overload and becomes too overwhelmed by the situation to react. Person returns to "victim" mode in condition white.

Each condition builds upon the previous one. To be aware of the surroundings in yellow, it's simply a matter of becoming prepared in orange. To go to condition red and fight, tactics are ready and there is an increased chance of survival. In conditions black and white, the person is most vulnerable. Training and vigilance can aid in keeping people out of these conditions.



Community Mailbox



Student transportation

All students who ride the school bus must have a new pass for the 2003-2004 school year. Students who are already registered with schools will receive a pass in the mail by Aug. 20. All sponsors who registered students after July 26 need to visit the Student Transportation Office with a copy of the bus service registration form. The office is located in building 433 on the Spangdahlem Elementary School complex. Customer service hours are Monday-Friday from 8 a.m. to noon and 1-4 p.m. Call 452-5340 or 452-5352 for details.

School lunch program

Free and reduced lunch applications and eligibility guidelines are available on the 52nd Mission Support Group DoDDS Liaison Office Web site at www.spangdahlem.af.mil/52MSG/DoDD. S. Parents and sponsors are encouraged to apply for the government-sponsored program. Reduced lunches cost \$0.40, full-priced lunches cost \$1.95 and \$2.10 for grades K-6 and 7-12, respectively. Drop off applications at any of the school offices or at the 52nd MSG Office in Spangdahlem AB building 151. Call 452-6942 for more information.

Preschool registration

Registration for the Spangdahlem AB Child Development Center autumn part-day preschool program takes place now through Aug. 15 at the center. Classes begin Sept. 9. Call 452-6697 for more information. Registration for Bitburg Annex CDC part-day preschool begins Monday for 3-year-olds and Aug. 18 for 2-year-olds at the center. Classes begin Sept. 2 for age 3 and Sept. 9 for age 2. Call 452-9212 for details. Parents should bring shot records, a current Leave and Earning Statement and emergency contact information to register.

“Fools” audition

Auditions for the ACT-EIFEL production of the Neil Simon play, “Fools,” take place Monday from 6-9 p.m. in Spangdahlem Elementary School. Roles are available for seven men and three women. Show times are in October. Call 452-7381 for details.

Girl Scout camp

Girl Scout Twilight Camp takes place Aug. 13-15 from 5-8 p.m. at the Spangdahlem AB pavilions for all girls

entering kindergarten through sixth grade. Contact Kannetha for registration information at 452-9190 or 06575-903627.

La Leche League

A meeting for mothers who are currently breastfeeding takes place Aug. 20 at 6:30 p.m. in the Bitburg Annex hospital conference room. The La Leche League meets each third Wednesday monthly in the hospital. Mothers are welcome to bring their nurslings and children. Call 06561-945749.

Spouses group meeting

The 52nd Component Maintenance Squadron Spouses Group meets Aug. 28 at 6 p.m. in the Spangdahlem AB theater. Call Stephanie Miller at 06579-52201 for more information.

Tax center hours

The Spangdahlem AB Tax Center offers electronic tax filing service each Tuesday through Thursday from 8 a.m. to noon for walk-ins and from 1-4 p.m. for appointments.

Cooking for one

The Spangdahlem AB Family Support Center offers monthly single's cooking classes in building 307. Call Jane Allen at 452-9491 for details.

Community Bank

Community Bank on Bitburg Annex is only open from 10 a.m. to noon Aug. 14 for an official function. In addition, the Spangdahlem AB branch is only open from 9:30 a.m. to 12:30 p.m. this day.

Family advocacy news

The 52nd Medical Group Education and Developmental Intervention Services Office offers the following workshops on improving family relationships. Call 452-8238 for class details.

■Art of relationships for couples, Aug. 12 and 19 from 3:30-5:30 p.m. Call Michele Linnen at 452-8279 to register.

■The Parents of Twins Club meets to share information. Call Sharon Gilmore at 452-8279 for details.

■The Women Writers Club meets to share tips on journaling and the art of writing. Call Michele Linnen at 452-8279 for details.

Education services news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

■Registration for University of Maryland University College Europe Term I takes place now through Aug. 15. Visit www.ed.umuc.edu for a listing of courses. Term I classes take place Aug. 18-Oct. 10.

■UMUC's Mannheim campus currently accepts applications for admission and financial aid for the autumn 2003 semester, which begins Aug. 18. Visit www.mc.umuc.edu or e-mail mcadmissions@ed.umuc.edu for more information.

■Embry-Riddle classes in technical report writing take place each Tuesday from Aug. 26-Oct. 14. The university branch also offers a three-weekend course in aircraft crash and emergency management, starting Aug. 23.

■An education fair takes place Aug. 26 from 10 a.m. to 3 p.m. in the Collocated Club.

Vacation Bible school

Vacation Bible school at Trinity Baptist Church in Metterich takes place Aug. 11-15 from 1-4:30 p.m. Children in kindergarten through sixth grade are welcome to attend for free. Call 06565-2336 to register or for more information.

Playgroups

■Preschool playgroups meet each Friday from 9:30 a.m. to noon in Spangdahlem AB Military Family Housing building 409-C. A playgroup also meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for details.

■A playgroup for children of working mothers meets each second and fourth Wednesday monthly. Call Staff Sgt. Nancy Barron-Palumbo at 452-6849 for details.

Community outreach

The 52nd Fighter Wing Community Relations Office seeks American bands, cheerleading teams and dance troupes interested in providing volunteer performances at local community events. Call Bernard Schaefer at 452-6434 for more information.

Club Happenings

The following events take place in the Collocated Club (former Saber Club). Call 452-6090 for more information.

Today

■Stripes Lounge: Burger Burn, club members eat for free from 5-7 p.m. Country and western music and dancing from 9 p.m. to 2 a.m. Entry is free for members, \$6 for non-members.

Saturday

■Stripes Lounge: Play “Spades” and “Bones” from 5:30-8:30. Play the jukebox for free.

Sunday

■Eifel Lanes Bowling Center and the Eifel Mountain Golf Course grills are open for dining.

Monday

■Lunch buffet from 11:00 a.m.-1:30 p.m. Cost is \$5.95 for members, \$6.95 for non-members.

Tuesday

■Stripes Lounge: Comedy movies from 6-11 p.m.

Wednesday

■Club opens for evening dining from 5-8 p.m.

Thursday

■Stripes Lounge: Karaoke singing from 9 p.m. to midnight. Entry is free for members, \$6 for non-members.

Aug. 15

■Stripes Lounge: Burger Burn, club members eat for free from 5-7 p.m. DJ plays variety of requests from 9 p.m. to 2 a.m.

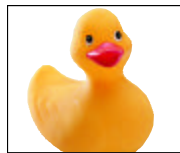
It's simple:

Don't drink

or

Have a designated driver

Call a taxi, 06575-1010 (Ride for Life), 06565-61-2233 (AADD), your supervisor or unit first sergeant if things get complicated.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Airman 1st Class Amaani Lyle.....Staff writer
Iris Reiff.....Leisure writer

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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Month Sortie Scoreboard

Aircraft	Goal	Flown	Delta
F-16	145	97	- 48
A-10	75	71	- 4

*Delta is contract vs. flown to date.

Through Aug. 6

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Aug. 8, 2003

Page 6

From the top

COMUSAFE salutes warrior airmen

Gen. Gregory S. Martin

U.S. Air Forces in Europe commander

*(Editor's note: Gen. Gregory S. Martin, relin-
quishes command of U.S. Air Forces in Europe in
a change of command ceremony Tuesday at 10
a.m. on Ramstein Air Base, Germany.)*

RAMSTEIN AIR BASE, Germany -- When
I had the opportunity to assume command of U.S.
Air Forces in Europe and the then Allied Air
Forces Central Europe and now Allied Air Forces
North, Ramstein Air Base, Germany, in January
2000, I had no idea we would face as many
diverse and challenging global events as we have
together. And now, after a little more than three
and one-half years later, as I say farewell and
take up a new assignment at Wright-Patterson
AFB in Ohio, I do so with the pride and satisfac-
tion of having seen true professionals tackle the
toughest assignments, overcome difficult barriers
and prevail in battles against natural and human
enemies.

In saying farewell to the USAFE and
AIRNORTH teams let me just reflect briefly on
an incredible journey filled with front-page news
headline activities. Day after day, you never
ceased to amaze the world with your profession-
alism and commitment to excellence in all you do
... and in all the places you have been called to
duty!

Missions spanning half the globe

You have kept the peace in the Balkans
through your vigilance in Operations Joint Forge
and Joint Guardian. When the floodwaters rushed
over Mozambique, we launched Operation Atlas
Response, delivering 767 tons of humanitarian
aid to 2 million people in crisis. When terrorists
attacked the USS Cole, USAFE airmen transited
5,800 miles to Yemen and Djibouti to treat and
recover the wounded in less than 24 hours. You
have performed joint exercises with our NATO
countries, and hosted landmark exercises with
Partnership for Peace countries that established
new and key international relationships.

The past three years has seen our medical pro-



U.S. Air Force photo

Gen. Gregory S. Martin

alliance in history. The hard-working teams of
Lajes, Portugal, and Keflavik, Iceland, joined our
USAFE team.

Long before Iraq had captured front-page
attention, you were proficiently executing
Operation Northern Watch. Learning from
Operation Allied Force in 1999 and experiencing
our high operational tempo, we understood the
need to balance operational requirements with
major command headquarters execution during a
major contingency, and so we broke new ground
when we created the USAFE Theater Air and
Space Operations Center. Since then this center
has allowed us to rapidly transition from steady-
state contingencies to crisis and war.

Operation Enduring Freedom

Our best efforts to make contingency planning
and execution as effective as possible still would
never have given us a crystal ball to see what was
going to happen on September 11, 2001. When
the unthinkable happened, USAFE and
AIRNORTH responded by pulling together an
international and joint team to help flow amazing
amounts of war materiel to the combat zone
while at the same time they established and exe-
cuted humanitarian relief operations for the starv-
ing refugees in Afghanistan. With American hope
and compassion as our driving forces, we provid-
ed 2.4 million humanitarian daily
rations, 900,000 pounds of wheat, 700
tons of blankets as well as critical
cold-weather gear, food and supplies
to Afghan refugees in need. In addi-
tion, we expanded Operation Enduring
Freedom's combat support capability
to 2,400 missions, delivering 25,000
personnel and 69,000 tons of cargo to
help win the global war on terrorism
in Afghanistan.

Operation Iraqi Freedom

When the global war on terrorism
involved toppling Saddam Hussein's
brutal regime, 95 percent of all cargo
and personnel going by air to the fight
moved through Europe. This unprece-
dented air bridge was certainly history
making, but still just one part of the
overall mission in Operation Iraqi
Freedom. Because at the same time,
you established the entire northern air
arm and then airdropped and air land-

ed our entire northern ground force into Iraq to
support the Central Command in its historic
march into Baghdad.

It's impossible to capture in this brief space
the thousands of individual efforts that went into
our victory in Iraq. From providing mission sup-
port, command and control, surveillance, refuel-
ing, securing our bases at home and downrange,
and logistical planning -- you have made America
proud and won a major war so that freedom can
now begin to grow where before there was only
tyranny and oppression.



Master Sgt. Georgina Yates

**Members of the 506th Expeditionary Air Control
Squadron pack up after putting out a field fire
on Kirkuk Air Base, Iraq. More than 100
members of Spangdahlem Air Base's 606th Air
Control Squadron took off for the deployed
location in May.**

Today and tomorrow

And most recently, members of our USAFE
team were tasked to provide personnel recovery
and emergency evacuation support for members
of our U.S. Embassy in Liberia. Members from
the 56th Expeditionary Rescue Squadron from
Naval Air Station Keflavik, Iceland quickly car-
ried out their mission of transporting the evac-
uees from the Embassy, while a team from the
786th Expeditionary Security Forces Squadron,
Ramstein AB, secured the area and established
communications. A daunting mission, but they
carried it out expediently and with no warning.

Regardless of the mission, the professionalism
that I've seen and experienced from every
USAFE member is unprecedented. You have
supported and accomplished the tremendous
duties of providing security and force protection
to our nation and the world. And, by virtue of our
military presence in Europe and our sense of duty
and compassion for others, you've also created
partnerships and friendships that I think are
extremely important.

Although it's time to say farewell, the embodi-
ment of our USAFE motto: Ready, Vigilant and
Proud will live in me for years to come. I'm
grateful and proud of all you do for America, the
security of international peace and the advance-
ment of human dignity. Wendy and I leave with
an unbelievable sense of pride in knowing that
you will welcome Gen. Robert Foglesong and his
family as you welcomed us, and that you will
continue to make all of our nations proud of your
service. Godspeed, God bless and thank you.



Army Staff Sgt. Russell Wicke

**Tech. Sgt. Darren Sexton, left, and Staff Sgt. Joe Adair,
both 455th Expeditionary Operations Group members
deployed from Spangdahlem Air Base, Germany, paint a
reconstructed runway at Bagram Air Base, Afghanistan,
July 31. Pilots use the painted lines to verify the compass
direction of the runway.**

Movies

All movies play at 7 p.m. unless indicated otherwise. Movie synopses are available at www.aafes.com/ems/-default.asp.

Bitburg Castle

Today

The Hulk (PG-13)

Research scientist Dr. Bruce Banner's failed experiments cause him to mutate into a green-skinned behemoth whenever he loses control of his emotions.

The Matrix Reloaded (R, 10 p.m.)

Neo, Morpheus, Trinity and the rest of their crew continue to battle the machines that have enslaved the human race in the Matrix. More humans are waking up out of the Matrix and the battle moves to the last real-world city and center of human resistance.

Saturday

Sinbad: Legend of the Seven Seas (PG, 4 p.m.)

Eris, the goddess of Chaos, steals "The Book of Peace", and frames Sindbad for the crime. Setting out to prove his innocence, Sindbad travels to the Eris' realm where he is challenged by terrifying monsters.

The Hulk

Sunday

Sinbad: Legend of the Seven Seas

Closed Monday and Tuesday

Wednesday

Daddy Day Care (PG)

When a father loses his lucrative "dotcom" job, and finds himself in jeopardy of financial ruin, he joins his friends in opening Daddy Day Care.

Thursday

The Matrix Reloaded (R)

Spangdahlem Skyline

Today

Charlie's Angels: Full Throttle (PG-13)

The In-Laws (PG-13, 10 p.m.)

Prospective fathers-in-law Steve and Jerry meet for the first time and when trouble starts, Jerry and Steve discover they can be an effective team.

Saturday

Bruce Almighty (PG-13)

At the end of the worst day in his life, Bruce angrily ridicules and rages against God, and God responds. He endows Bruce with all of His divine powers and challenges the mortal to take on the "big job."

Charlie's Angels: Full Throttle (10 p.m.)

Sunday

Charlie's Angels: Full Throttle (4 p.m.)

Bruce Almighty

Monday

The In-Laws

Tuesday

Charlie's Angels: Full Throttle

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

Sky's the limit at this local celebration

Aerial views, static displays top Bitburg Flugplatz festival days

By Iris Reiff

52nd Fighter Wing Public Affairs Office

The Bitburg Flugplatz festival takes off Aug. 15-17 with a variety of aerial activities for the young and old. Organizers expect about 17,000 people to attend the event.

Activities begin July 15 at 4 p.m. with the arrival of a JU-52 airplane from Moenchengladbach. For a fee, visitors can hop on for a hot-air balloon ride, which begin at 7 p.m. and people can dance to the sounds of the Chock-A-Block band from 9 p.m. to 3 a.m. Entry to the festival area costs about 6 euro daily.

The festival continues with additional balloon rides and round-flights in a JU-52 (for a fee) throughout Aug. 16. An amusement park, featuring some attractive rides is open from 4 p.m. and 2 a.m. A static display of airplanes and vintage automobiles is on sight from 10 a.m. until 9 p.m. People can drive themselves silly in by go-carting auto slalom driving from 10 a.m. to 6 p.m. Parachuting demonstrations are on schedule from 10 a.m. until 9 p.m. Helicopter rides take place from 10 a.m. and 9 p.m.

The amusement park offers rides from 10 a.m. to 2 a.m. the next day. JU-52 flights take place at 11:30 a.m., 1 p.m. and 2:30 p.m. A flying acrobatics demonstration from 2:30-4 p.m. is among the festival's highlight events. More round flights in the



File photo by Iris Reiff

Plane like these shown at the 2002 Hahn in Motion air show can be seen at this year's Bitburg Flugplatz festival.

JU-52 are available at 4 p.m. and balloon rides follow at 7 p.m.

In the evening, a hot-air balloons glow from 9 p.m. to midnight. Rocco and Band provide musical entertainment.



Out and About



(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 0651-14599-30, the Trier Tourist Information Office at 0651-9780822 or the Trier Ticket Service at 0651-9941188, unless specified otherwise.)

■The "Can't Do Sturgis" Spangdahlem AB inaugural biker rally takes place Aug. 22-23. Events kick-off Aug. 22 at 5 p.m. with a Burger Burn at the Saber Club. Rides follow the Mosel river 20 miles east, then ventures west toward Luxembourg for 30 minutes and ends in Belgium with another 20 minutes north-west.

■Take a walking tour of Venice and Rome in Italy, Aug. 27-31 with the Eifel Volksmarchers. Cost is 270 euro for adults, 210 euro for children. Cost includes transportation, hotel stay and

some meals. Call Theresa Stevens at 06569-963184 or e-mail chatterbox@gruenewald.de for details.

■The 15th Trier Elbling wine festival takes place today through Sunday.

■The Koblenz Rhine Aflame festival features a giant fireworks display along the Mosel river and in the towns of Koblenz, Spay, Braubach, Rhens and Lahnstein, starting Saturday. Fireworks begin in Koblenz at 11 p.m. from Stolzenfels castle and the Koenigsbacher brewery. For more information, visit www.firework.rhine-river.com.

■Tritenheim invites Team Eifel to the town's annual wine festival taking place today through Monday.

■The Saarburg wine festival takes place Saturday through Monday.

...

The 52nd Services Squadron Information, Tickets and Tours offers the following trips in August. People

should register for trips at least two weeks in advance. Children's prices are for ages 3-12. Call 452-6567 or visit the ITT office in the base community activity center for details.

■Belgian Grottos and Safari Park, Aug. 23. Cost is \$41 for adults, \$36 for children.

■Paris express, Aug. 23. Cost is \$95 for adults, \$90 for children.

■Switzerland express, Aug. 23. Cost is \$75 for adults, \$70 for children.

■Six Flags Holland, Aug. 24. Cost is \$69 for adults, \$59 for children.

■Spain for Labor Day weekend, Aug. 28-Sept. 1. Cost is \$329 for adults, \$259 for children.

■Copenhagen for Labor Day weekend, Aug. 29-Sept. 1. Cost is \$379 for adults, \$344 for children.

■Hungary for Labor Day weekend, Aug. 29-Sept. 2. Cost is \$499 for adults, \$379 for children.

■Cochem castle medieval dinner, Aug. 30. Cost is \$69.

■Manderscheid jousting festival, Aug. 30. Cost is \$29 for adults, \$20 for children.

■Castles of the Eifel, Aug. 31. Cost is \$39 for adults, \$34 for children.

...

52nd Services Squadron Outdoor Recreation offers the following trips in August. Unaccompanied, minimum age is 12, unless specified otherwise. Call 452-7176 or visit the facility in Spangdahlem AB building 146, near the Mosel Halle dining facility, for details. It's open Monday-Friday from 10 a.m. to 4 p.m.

■Baltic Sea deep-sea fishing trip, Aug. 22-24. Cost is \$90 with gear provided. Minimum age is 18.

■Advanced Luxembourg cave rappelling, Aug. 30. Cost is \$40. Minimum age is 14.

Check out the Eifel Reading Circle

The Eifel Reading Circle began its first book discussion in the Belgian Chocolate Café in July. Each member prepared for the gathering by reading "Catch-22" by Joseph Heller. The group carried on a healthy discussion on the differences of opinion on the classic work about a World War II bomber squadron.

The group meets again Aug. 14 at 6:30 p.m. in the Belgian Chocolate Café, located next to the BXtra Bookmark. For more information, call 452-6853. (Courtesy of Chris Boylan, Spangdahlem Air Base BXtra Bookmark)



Check for ticks after enjoying great outdoors

By Lt. Col. Brian Ortman
86th Medical Group

RAMSTEIN AIR BASE, Germany -- Mild winters and temperature variations can cause the tick population in and around the area to be much larger than normal. This is not news to many people living in west Germany.

"Other than mosquitoes, ticks are the most prevalent carriers of disease to humans throughout the world," said Capt. Stephen Wolf, U.S. Air Forces in Europe command entomologist.

One species of tick found in this area, the European Castor Bean Tick, is known to occasionally carry the organism that causes Lyme Disease.

Another disease transmitted by ticks, particularly in southern Germany and Austria, is tick-borne Encephalitis, said Wolf.

Even in the highest risk areas of southern Germany, less than 5 percent of all ticks carry these pathogens, and even if the tick does carry a pathogen, infection to humans may not occur, said Wolf.

"The only way a tick can transmit the disease-causing organism to a person is by biting and feeding for an extended period of time (12 to 24 hours)," he said.

Prevention and protection

The most effective method against ticks and Lyme disease is personal protection.

Ticks are often found in areas with high grass (edges of fields or paths). If contact with these areas is unavoidable, do the following:

- Tuck your pants into your socks.
- Use insect repellent containing DEET (N, N'-Diethyl-m-toluamide) on your legs and arms; its the most effective for keeping ticks away.
- Inspect outer clothing and then inspect places where clothing, hair or skin would stop a tick's upward movement.
- If you find a tick, remove it with tweezers. Grasp the tick with the tweezers as close to your skin as possible, and gently pull the tick straight out.
- Dispose of the tick and wash your hands after you're finished.



Courtesy graphic

Ticks are often found in grassy areas and can attach themselves onto the exposed surface of the skin. An infected tick can transmit Lyme disease by biting and feeding for an extended period of time.

"If a tick bites you or a family member, make a mental note of the bite (mark the date on a calendar)," Ortman advised.

"If signs of illness develop or the bite area becomes inflamed, (redness or swelling), report to the clinic. and mention When asked for a health history, mention the tick bite," the doctor said. "Since few ticks in the KMC area are infected, it is unusual that a tick bite indicates a clinic visit is necessary."

Signs and symptoms of Lyme Disease

The first symptom is usually a skin rash at the site of the tick bite about three to 30 days after bite. This begins as a small red area, which gradually enlarges, often with partial clearing in the center of the rash so it resembles a donut or bulls-eye.

Protecting pets from tick bites

Furry pets naturally attract ticks because they typically play in grass and bushes -- the tick's hideout. To keep the pesky parasites from making pets their new favorite hideout, try these veterinary tips:

- Apply preventative topical solution or collars on pets that are exposed to the outdoors. (Safest most effective products are available through a veterinarian.)
- Avoid walking pets in high, grassy areas and under trees.
- Check pets regularly for ticks.
- Remove ticks using a tick remover and monitor area for signs of infection.

For details, call the local Veterinary Treatment Facility in Oberweiss at 452-9388. (Courtesy of the Ramstein Veterinary Clinic)

Secondary Lesions

There may be lesions on other parts of the body. Burning and itching may accompany the rash. Hives, redness of the cheeks and under the eyes, and swelling of the eyelids.

Skin signs may be accompanied by flu-like symptoms such as fever, headache, stiff neck, sore and aching muscles, fatigue and swollen glands.

If treated with antibiotics, the skin rash goes away within days and complications may be avoided. In Germany, tick transmitted diseases are generally preventable with a little extra effort and vigilance.

For more information, call the 52nd MDG Public Health Office at 452-8308.



Sports Shorts



Soccer registration kicks off

Spangdahlem AB Youth Sports Program registration takes place now through Aug. 29 for youth soccer in Spangdahlem AB building 427 and Bitburg Annex building 84. Registration cost of \$25 per child, includes uniforms, certificates, a participation award and end-of-season barbecue. Practices begin in September and the season runs through November.

"The program here has grown immensely in the past three seasons," said Spangdahlem Youth programs Director Eddy Mentzer. "In 2000, we had more than 300 participants and last year we had more than 500. This year, we're hoping to break the 600."

Youth ages 5-15 now through Nov. 30 are eligible for the program; however, 5-year-olds must be eligible for enrollment in the current school year kindergarten program.

In addition, program officials seek volunteers to help coach and serve as assistant coaches, team parents, officials and league administrators. For more information or applications call Eddy Mentzer at 452-7545/7546 or e-mail eddy.mentzer@spangdahlem.af.mil.

Sharks prep for swim season

Registration for the Eifel Sharks, Spangdahlem AB's local European Forces Swim League competitive swim team, takes

place now through September. Team officials also seek volunteer coaches, stroke and turn officials, and a statistician. Call Dennis or Tiina O'Sullivan at 06563-96-0742 or 452-8346, or Teo Espinoza at 06553-900-427 or 452-6930, for more information.

Running partners

People interested in recreational running can call Airmen 1st Class Joshua Ramos or Carlos Herrera at 452-6562 or 452-3178 for information on a new local runners group.

Ice hockey

The Spangdahlem AB ice hockey team seeks players for the upcoming season. Call Master Sgt. Jeff Barr at 452-6787 or Tech. Sgt. Lane Goodnough at 452-6618 for more information.

Fitness center news

The following activities take place in the Spangdahlem AB fitness center. Call 452-6496 or 452-6634 for details.

- Belay certification class to use the climbing wall takes place each Tuesday from 5-8 p.m.
- Microfit assessments take place each Tuesday at 9 a.m., 11 a.m. and 3 p.m.
- Aerobics and fitness classes take place:

Monday

Spinning at 6 a.m. and 5:30 p.m.

Yoga at 3:30 p.m., register 30 minutes before class time. Participants should bring a yoga mat or a towel.

Circuit training at 3:30 p.m.

Tuesday

Spinning at 9 a.m. and 5:30 p.m.

Yoga at 11 a.m.

Sculpting at noon

Step at 5 p.m.

Wednesday

Spinning at 6 a.m. and 5:30 p.m.

Circuit training at 3:30 p.m.

Thursday

Spinning at 9 a.m. and 5:30 p.m.

Sculpting at noon

Step at 5 p.m.

Friday

Spinning at 6 a.m.

Circuit training at noon

Physicals

Parents wanting to avoid the end of summer rush for school and sports physicals should schedule appointments now with their family primary care managers. Physicals are

good for one year and are required for sports participation.

Bowling

Eifel Lanes Bowling Center is located in Spangdahlem Air Base building 300. It's open Monday-Thursday from 11 a.m. to 9 p.m., Friday-Saturday from 11 a.m. to midnight, and Sunday and holidays from noon to 9 p.m. Call the center at 452-6217 for more information.

■ Strikes Grill is open Monday-Thursday from 7 a.m. to 9 p.m., Friday from 7 a.m. to 11 p.m., Saturday from 11 a.m. to 11 p.m., and Sunday from noon to 8 p.m.

■ Color pin bowling, each Friday at 6 p.m. Participants win prizes when they bowl a strike special pins.

■ Glo-bowling, each Saturday at 6 p.m.

■ Family day, each Sunday from noon to 5 p.m. The event features discount games and free shoe rentals.

■ Deployed spouses and family day, each Monday from 11 a.m. to 10 p.m.

■ League bowlers can practice for \$1 per game Monday-Friday from 11 a.m. to 4 p.m. Bowlers must present a current American Bowling Congress or Women's Invitational Bowling Congress card at checkout to receive the discount.